



UCOOK

Glossy Lamb Meatballs

with herbed couscous, golden sultanas & red pepper hummus

Minimum effort, maximum flavour! Juicy orbs of herbed lamb mince, tumbling over a bed of crispy kale, roast chickpeas, marinated tomatoes, and couscous. Strewn with sultanas, hummus, and parsley to take it right to the top.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Easy Peasy

 Steenberg Vineyards | Merlot

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Ingredients & Prep

180g	Chickpeas <i>drained & rinsed</i>
150g	Kale <i>rinsed & roughly shredded</i>
22,5ml	Red Wine Vinegar
240g	Baby Tomatoes <i>halved</i>
170ml	Red Pepper Hummus
450g	Lamb Mince
22,5ml	NOMU Italian Rub
2	Onions <i>1½ peeled & finely diced</i>
300ml	Whole Wheat Couscous
15ml	Chicken Stock
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
15g	Golden Sultanas <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)

1. CRISPINESS & SOFTNESS Preheat the oven to 180°C. Place the drained chickpeas on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 20-25 minutes. Place the shredded kale on a second roasting tray with a drizzle of oil and some seasoning. Using your hands, massage until softened and coated. Set aside for step 3.

2. GET THE PREP GOING Place the vinegar in a salad bowl with 2 tbsp of olive oil and some seasoning. Whisk until emulsified. Toss through the halved baby tomatoes and set aside to marinate. Loosen the hummus with milk or water in 5ml increments until drizzling consistency. Season to taste and set aside for serving. Place the mince in a bowl and combine with the Italian Rub and a drizzle of oil. Mix in the diced onion (to your taste preference) until well combined. Roll into 4-5 meatballs per portion, spread out on a lightly greased baking tray, and set aside.

3. TIME FOR THE KALE TO SHINE When the chickpeas have 8-10 minutes to go, pop the tray of kale in the oven and cook for the remaining roasting time. On completion, the kale and chickpeas should be crispy.

4. MEATBALL MAGIC Pop the tray of meatballs in the oven and bake for 10-12 minutes until browned and cooked through, shifting halfway. Remove from the oven on completion and allow to rest for a few minutes before serving.

5. LOAD UP YOUR WARM SALAD Place the couscous and stock in a bowl and submerge in 450ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-6 minutes until cooked and tender. On completion, drain if necessary and fluff up with the fork. Add in the crispy kale, ¾ of the chopped parsley, the marinated tomatoes, and the tomato marinade to taste. Toss to combine and season to taste. (If you have any remaining onion, toss it through as well if you'd like!)

6. OH, WHAT A BREEZE! Dish up a pile of packed couscous. Scatter over the crispy chickpeas, top with the glossy meatballs, and drizzle over the hummus dressing. Garnish with the chopped sultanas and the remaining parsley. You smashed it, Chef!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.

Nutritional Information

Per 100g

Energy	694kJ
Energy	166Kcal
Protein	10.1g
Carbs	15g
of which sugars	2.9g
Fibre	3g
Fat	6.3g
of which saturated	2.3g
Sodium	207mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites

Cook
within 3
Days